

[facs] Soft Pretzel Recipe for FACS Exploration

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"Sarah Keith" <skeith@washk12.org> wrote:

> Does anyone have by chance a recipe for soft pretzels
> that would be good
> for 8th grade?
>

Here is the pretzel recipe we use, the students really like it with cheese sauce or marinara. It takes us a full 90 minute class period. ENJOY :)

Soft Pretzels

About 12 medium pretzels

1 pkg. (1/4 ounce) active dry yeast

1/4 cup brown sugar

1 1/2 cups warm water

3 1/2 to 4 cups sifted flour (may need more)

4 cups water

1 1/2 Tbsp. baking soda

coarse or kosher salt (optional)

1. Preheat oven to 475 degrees. Grease baking sheets.

Combine yeast and brown sugar in large bowl. Gradually add 1 1/2 cups warm water, stirring until yeast is dissolved.

Let stand 5 minutes.

2. Stir in flour; blend well. Turn dough out onto lightly floured surface. Knead until smooth and elastic, 5 to 10 minutes.

3. Pinch or slice off enough dough to form a 1 1/2 inch ball. On

lightly floured surface roll ball into a rope and shape into a pretzel.

4. Combine 4 cups water and baking soda in large saucepan or dutch

oven; bring to a boil. Lift pretzels with spatula and drop into

the boiling water, a few at a time. Boil until the pretzels rise

to the surface, about 1 minute.

5. Place pretzels on greased baking sheets. Sprinkle with salt, if

desired.

6. Bake at 475 for 8 minutes. Serve warm.

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